



7 November 2017

Dear Parent(s)/Carer(s),

I am writing to inform you that your child will be taught a series of lessons on sex and relationships education as part of their PSHCE (personal, social, health and citizenship education) programme.

This topic is taught every year and covers the following issues:

**Year 7:** Puberty: how the body and emotions change.

**Year 8:** Relationships and the family. Coping with problems and change within a relationship.

**Year 9:** An introduction to STI's and contraception. Peer pressure and 'saying no'.

**Years 10:** Healthy relationships, consent, the law and expectations and e-safety\* (including sexting and dangers of grooming).

**Year 11:** Healthy relationships, pressures of parenthood, review of consent, keeping safe, use of language and e-safety\*

\*e-safety is also covered each year as a separate unit of work.

The programme has been devised in conjunction with school health teams and national guidelines. It fully complements the compulsory science curriculum and allows students to discuss many of the emotional issues that surround sex and relationships in order to make well-informed wise decisions as they enter adult life.

If you have any further questions, please contact school by either emailing [contact@nottinghamfreeschool.co.uk](mailto:contact@nottinghamfreeschool.co.uk) or by telephoning the school office on 0115 8964949.

Yours faithfully,

Mrs J. Brown  
Head of School